

UNITY DAILY WORD

A Page of Sunshine for Every Day



Revealing the way to
HEALTH, HAPPINESS and PLENTY

November, 1936

100
A Year

AFFIRMATIONS USED BY SOCIETY OF SILENT UNITY

October 20 to November 19

I see myself as God sees me, sane, wise, triumphant.

I see myself as God sees me, courageous, strong, healthy.

I see myself crowned with success and happy in prosperity.

Single copies of UNITY DAILY WORD may be obtained at Unity libraries and newsstands at 15 cents. Subscription, \$1 a year. Braille subscriptions are sent free to the blind who are familiar with grade 1½. These gifts are made possible by love offerings.

We also publish *Good Business, Progress, Wee Wisdom, Unity, Weekly Unity*, and *Unity Sunday School Leaflet* at \$1 a year each.

Requests for Silent Unity's ministry and love offerings for health and prosperity treatments should be addressed to Silent Unity.

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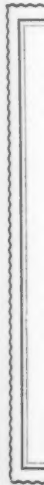
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No. 5



NOVEMBER
1936

UNITY DAILY WORD

A little companion that daily directs your steps to the sun-tipped heights in whose glory you shall behold yourself as a son of God; for such you are.

Nonsectarian. Published monthly.

F. B. WHITNEY, *Editor*

Editorial suggestions and comments may be addressed to Editor of UNITY DAILY WORD, % Unity School of Christianity, 917 Tracy Avenue, Kansas City, Mo.

One Problem Solved

Let us endeavor to regard our neighbors from the point of view of the heart of Jesus; to frame our judgments according to that heart's gentle spirit.

—*Selected.*

IN THANKSGIVING

Ruth Yoland Shaw

Beyond the garden's bounteous yield,
Beyond the harvest from the field,
Beyond the fruited bough and vine
I see God's opulence divine.

Beyond the tie of family,
Beyond a friend's long constancy,
Beyond the strength of humanhood
I see the omnipresent good.

Beyond all progress and all wealth,
Beyond all beauty and all health,
Beyond all peace and all content
I see a God omnipotent.

Beyond the day, beyond the heart
That offers thanks, Thou, Father, art!
For this Thy presence everywhere
Accept, O God, my joy-filled prayer.

YOU ARE THAT MAN

YOU ARE the man that God created "in his own image." You are the man over whom "sin shall not have dominion." You are the man to whom God has not given "a spirit of fearfulness; but of power and love and discipline." You are the man to whom "all things are possible." You are the man who must know that "your body is a temple of the Holy Spirit which is in you." You are the man who must "in the day of prosperity be joyful."

Have you realized, in your study of the Bible and of books of Truth, that you are the man of light, peace, joy, mastery, health, and plenty spoken of? Is this man of Truth some one foreign to you, something abstract and unrelated to you, something you read or think about as you would a character in fiction? You yourself are the man, the man of perfection and might and success.

You are that man! You are he who has within him the spiritual power that is mighty to make him superior to all things of the world about him. You are the man who has within him power to heal himself of every so-called disease. You are the man who is master of every situation and circumstance in his life. You are that very man.

You are the man who will no longer attract adversity to him when his consciousness has been firmly established in Truth. You are the man who

finding himself in an adverse situation has power to lift himself out of it and to master it through his God-given mastery. You are the man who is now gaining a clearer and clearer realization that the Truth revealed to him is the truth of his own supremacy, mastery, and victory.

Do you not see that that man, whom you have often thought of as an ideal man able to do all things through the power of Truth, is yourself, you who at this very moment are thinking of that ideal man? Yes, that man of might whom you have so often encountered in your favorite book on Truth is none other than yourself. Heretofore you may have led something of a dual life. You may have thought that you were one person and that the man of mastery whom you have read and heard about is another, but the truth is that you yourself are the man.

You have read that man has the power to forgive, to rise above petty personal emotions, to be friendly toward his enemies, to love all persons. Possibly you have thought of the man who can do this as something exceptional and visionary, but you are that very man. The man admonished to do this or that in a loving and masterful way is none other than yourself. You are the man endowed with full power to exercise the forgiving power of God

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You are the man who cannot be a victim of his environment. Those of your household who you have previously believed had power to interfere with your happiness cannot turn your environment into one of unhappiness. You are the man who experiences constant and steady joy because your vision is turned to God.

You are the man whose eyes must be turned from unhappy and profitless thinking about the past. You are the man who is learning to live in the eternal now and to make the most of the joy of the present moment. You are the man whom you have idealized as having power over his environment, power to change it into one of more pronounced harmony and success.

You are the man to whom this message and challenge comes with such force and conviction that you will never be able to think of yourself as other than the man of God, the man of authority over his world. You are that man.

Can you ever again believe that you are some one else or something other than a man illumined, perfect, masterful? Go forth right now in the conviction that you can do whatever you choose to undertake and make the demonstration of your mastery that you can make at this very moment.

THE CHURCH OF ANSWERED PRAYER

WHAT a power there is in prayer when several persons with one mind and purpose unite together in one prayer for the good of each and all. One person may feel a certain confidence in prayer, but he has a sense of renewed and strengthened confidence when he realizes that some one else is praying with and for him. He realizes the meaning of the promise of Jesus "Where two or three are gathered together in my name, there am I in the midst of them."

Spread over the face of the globe is that great invisible, universal church which any person may enter through his desire to pray and know that he will find therein others who will pray with him and for him. This great invisible church is unlimited in size and in its capacity to bless and to serve.

Many persons have discovered that there is power in their daily and faithful use of metaphysical affirmations and prayers. They have found that the use of the same prayer that others are using helps them when they pray in this great universal church. Those who live where they do not have the advantage of a church edifice and organization are especially happy to discover the secret of the great universal church. Wherever they are, they can instantly go to church, instantly enter this vast cathedral in which countless numbers are in the attitude of prayer.

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In the Unity movement, besides the advantages of organized Unity study classes and societies, there is a special provision for those who want to feel the companionship of others in the great universal church. Their turning in thought several times a day to Silent Unity at Unity headquarters brings them in touch with this prayer group and the vast number of persons in the Unity field who pray with Silent Unity. There are also countless numbers of persons who join faithfully in the UNITY DAILY WORD prayer and lesson, praying for themselves and for those seeking help through prayer at the same time.

The daily thought in UNITY DAILY WORD is universal in its appeal, and regardless of what a person may be praying for, it can be adapted to his particular needs. To many persons this daily prayer helps them enter the great universal church of Christ and find therein an answer to their prayer.

Many persons attain such a degree of faithfulness in their daily prayer in unison with the vast congregation of other Unity students that they can almost sense the presence and help of those who pray with them. They are so faithful in their church-going, their entering this invisible temple of silence, this sanctuary of help, that they might well call this great universal church their Church of Answered

Prayer.

Practical Christianity, in its interpretation of the teachings of Jesus, is coming to be known today as the Christianity that vouchsafes answer to prayer. Men with problems enter into spiritual consciousness, their Church of Answered Prayer, and find their prayers answered, their problems solved. Invalids given some little poem or prayer based upon Truth are inspired to pray and are compensated by answered prayer.

All Christian people whose hearts are filled with Christ and faith in prayer belong to this great universal church. When they pray denominational barriers and prejudices are surmounted and forgotten. Their power of prayer is added to the great spiritual force found in the Church of Answered Prayer.

Strangely enough, no Christian body or church edifice has ever been called "The Church of Answered Prayer," yet what a power the name conveys. We feel that our every prayer is answered when in the silence we turn our heart to Christ and enter His great universal church, which we have referred to as the Church of Answered Prayer.

Today let us renew our efforts to pray faithfully and regularly. Let us enter into His church several times daily to pray, knowing that it is a church in which our prayers are answered.

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YOUR PERFECT HOUR

"What, could ye not watch with me one hour?"

IF INSTEAD of his present span of life the plan for man provided for but one hour of life, he would want that one hour to be crowded with joy and love and every blessing. If instead of planning things for days and years ahead man lived but one hour at a time, he would find that life had for him a new significance. He would come to think of his life as perfect because it would be made up of perfect hours of the present.

We can see that man thinking of himself as having a long life ahead of him, a future in which to enjoy himself, may be inclined to let the hours of the present slip by unheeded and unenjoyed. We can see that the only perfect life is one made up of perfect hours.

What if your lifetime were to be compacted into this present hour? Would you not live this hour in such a way as to feel more and more of the presence of God, more of His peace and love and joy? Would you not be free from worry? Would you not be kinder and more loving toward your associates? Would you not try to make it one perfect hour?

Have you ever considered living your life one hour at a time, dedicating yourself to God hour by hour? Do you not feel that you would get more out of life by doing so? Learn to dedicate yourself to

God on the stroke of the hour and to live that hour just as if it were your lifetime. Let each hour of your waking life take care of itself in this way. You will avoid unkindness to yourself and to others. You will avoid worry and care. You will live close to God.

Whoever you are, wherever you live, regardless of what you have to do, you can devote a few seconds at the beginning of each hour to charge yourself spiritually and mentally with energy for that hour. You will find that you work more efficiently and live more happily. You will discover one of the greatest secrets about how to live. You will find that a dull and monotonous life will become one overflowing with joy and mastery.

The Spirit of God in me is master of every situation of this hour.

You will need a good affirmation to carry you through your perfect hour. If you know of some special situation that is arising, adapt your affirmation for the hour to that situation. If you need to master the situation through fearlessness, change the wording to *The Spirit of courage in me*, or some wording that will more adequately meet your need.

The first day you try this plan may be a little bothersome to you. But take courage. Eventually the plan will become second nature to you. You

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will need to give less and less thought to the affirmation and to clock-watching as you progress.

Remember that your perfect hour is to be one dedicated to God: peace, joy, love. Your thought is to be disciplined more through the sense of dedication than through that of mental and moral efficiency. It is to be a holy hour. If some awkward or disagreeable situation arises, you are to do your part in letting the Spirit of God adjust it.

Your perfect hour depends upon but one person: yourself. You decide for yourself whether the next hour in your life will be a blessing or a disappointment. Absolutely no other person can decide this for you or command your thought. Your perfect hour depends upon how perfectly you can hold to this form of discipline.

"What, could ye not watch with me one hour?" Can you not guard your thought for one hour? Can you not be kind for sixty minutes? Can you not keep God uppermost in your thought and in your life for the brief period of one hour? Can you not master whatever situation arises in the next hour if you realize clearly the power of God?

The next hour of your life decides for you the nature of the hour that follows it. Your ability to be master of the present hour will help you to be master of the circumstances of other hours of your day.

CHRIST AT HAND

Marie Hindelang Fleming


No want I know, for Christ is my supply;
No fear I know, for He is ever by;
No pain I know, for He that dwells in me,
Whose life I share, can only perfect be.

His love will ever be my guiding star
To paths of peace wherein I travel far;
His hand in mine in Him I live and see
Within my soul the joys He gives to me.

No prayer of faith goes forth He does not hear.
I can fare on apace, for He is near,
My shield from danger, hatred, lack, and sin:
My all in all, my strength, my Christ within!

SUNDAY, NOVEMBER 1

*I patiently witness the work of God now
being done in me and in all my affairs.*

 OUR PATIENCE is indicated by our willingness to let God work out our problems and adjust our affairs. We stand as witness to His work without any feeling of concern or responsibility. We trust Him in all things and know that all is well.

To be impatient is to fail in trusting God. Impatience shows that a person believes that some power other than that of God, the good, will come into operation before God's work can be done. Such a person becomes impatient because he thinks God's work can be delayed or thwarted. He has a feeling of wanting God to hurry before the power of some evil begins to operate.

In patiently witnessing the work of God we have the feeling of stepping aside and letting God's work be done without our interference. We find that the test of patience is our ability to let God work in our affairs without His being hindered by our own adverse thought. We develop patience as we learn to trust God more and more.

Let patience have its perfect work.—JAMES 1:4.

MONDAY, NOVEMBER 2

The courageous presence of the Spirit of God within and about me makes me fearless in all situations.

TODAY we are to rise out of all belief in fear. Our attention is to be turned away from persons and things in the world that seem to incite us to fear. We are to give up the thought of fear in exchange for the truth about our courage through the Spirit of God.

Many persons are afraid because they allow themselves to live continually in thoughts of fear. They live in fear because they lack a consciousness of the truth about their courage. Everything in the world, regardless of its condition or purpose, seems to stir up fear within them. They think of things as making them fearful while they need to know that they are dominated only by their self-imposed fear.

If you would be fearless, watch your thought. Keep thoughts of fear out of mind. Think the truth about your courage in Spirit. Realize that the presence and power of God within and about you is the presence and power of your invincible courage.

There were they in great fear, where no fear was.
—PSALMS 53:5.

TUESDAY, NOVEMBER 3

The peace of Christ at the heart of my being makes my thought and life peaceful and harmonious.

THE PEACE of Christ that Jesus shared with all humanity abides within us as it abode within Jesus. When we become inharmonious in our thinking or in our living, we may know that our thought is directed away from Christ and consequently from His peace. When we desire more peace, we have but to identify ourself with Christ and with His peace at the heart of our being.

Our peace depends upon the strength of the thoughts of peace that we think. The power of Christ abides within these thoughts. When we think these to the exclusion of thoughts of inharmony, our peace is assured. We give them added strength when we keep our mind free from inharmonious thoughts.

Live today in the thought that you are peaceful in Christ. Realize that His presence assures you of peace. Know that nothing in all this world can make you inharmonious when your peace is established in Christ. Realize that nothing can take your peace from you.

Now the God of peace . . . make you perfect in every good thing.—HEB. 13:20.

WEDNESDAY, NOVEMBER 4

Each day I bring some new and happy experience into my life.

ARE YOU one of those who fear change and new experiences? Are you wary of abandoning some situation in your life because you fear that a change or a new experience might be unwise? Newness and growth seem to be most characteristic of the working of the Spirit. When we outgrow an old order of things, we must not be fearful of the new and untried. There would be no progress in our life if we did not look to new experiences and new situations.

You can get away from any monotonous routine of life only by providing for new experiences. If you seek these, if you let yourself be led by Spirit into them, they will come into your life. New experiences will relieve monotony and give a sense of newness to your life. New thoughts will give a stimulus to your mind and in turn bestow newness upon your life, your work, and your world. You can refresh yourself only by daily experiencing something new and by being ready to see all things each day from a new viewpoint.

He hath put a new song in my mouth.—PSALMS 40:3.

THURSDAY, NOVEMBER 5

I abide this day in the consciousness of the love that overcomes every unloving thought.

ABIDE this day in the realization that you have within you a love that conquers every unloving thought or act. Know that the Spirit of God within you is the very Spirit of love against which nothing can prevail. You cannot be harmed by hate and animosity if you have no thought of hate in your own mind. If you think in terms of love, only love can exist in your world.

This day overcome any unloving thought you may have been harboring. You can do this by thinking only of God, only of love. You will find that love has power to overcome all that is unlike itself. God as love is the power that vanquishes everything that would attempt to prevail against Him.

Abide in the consciousness that in Truth there is naught but God, naught but love. Live in the realization that your mind is dedicated to love. Know that in Truth your world is a world of love. Learn to live in the consciousness that in Truth there is only God, only love, only God's world of love.

The Lord make you to increase and abound in love one toward another.—I THESS. 3:12.

FRIDAY, NOVEMBER 6

*The way that the Spirit of God now opens
to me is the way to my peace, health, and
prosperity.*

CEASE to think that there are many ways in life: ways of deprivation and sacrifice, ways of misfortune and adversity. The Spirit of God knows but one way, the way of light, peace, love, health, and plenty. If you follow the leading of Spirit, you will be led into the blessings of Spirit. Your footsteps will be directed into that which is for your highest good.

The way that Spirit opens for you is certain to lead you to the blessing you seek. The way of Spirit cannot be the way of lack or misfortune. It cannot be a way that would lead you away from what you seek in order to make your life more complete.

Do you need to be directed into a path that will reveal more and more of God's goodness to you? Turn to the Spirit within you. Follow its guidance. Let yourself be led away from any adversity and be directed toward that which you seek, that which will fulfill your ideals, that which will prove to be an answer to your prayers.

The highway of the upright is to depart from evil.
—PROV. 16:17.

SATURDAY, NOVEMBER 7

*I think of God as justice at all times ruling
my life justly.*

WHEN WE think thoughts of injustice, we invite situations of injustice in our life. If we think of injustice as something real, then it becomes objectified in our life as something tangible. We may even believe in injustice to the extent of crowding justice out of our life. This is virtually the same as crowding out God or saying to Him that there is no place for Him.

When there is naught but God in our life, there can be naught but His justice. No belief in injustice can prevail in our world when we realize that only God as justice prevails. We cannot believe that other persons have the power to exercise injustice in our world when we realize the truth that God alone prevails.

Dedicate this day to justice. See that you let no thought of injustice come to your mind. Cease to believe that there can be any presence or power in your world but the presence and power of absolute justice. Live in the conscious recognition that God rules every situation in your world.

There is no God else besides me, a just God and a Saviour.—ISA. 45:21.

SUNDAY, NOVEMBER 8

Trusting in God in all things, I cannot be worried or anxious.

TO GET rid of worry we have but to increase our trust in God. We discover that we cannot worry and at the same time trust God. We find that the substance of our thought which has been given to thoughts of anxiety can be given to trusting God with much more profit.

The person who worries thinks that persons and things of the world have power over him. He loses sight of God. He is anxious because he believes that in some way things of the world will conspire against God. Were his trust sufficient, he would not believe this.


Rest today in the assurance that you do not need to worry about things. Trust God. Be confident that you need not be anxious about the conduct of other persons. Trust God to regulate and adjust all their affairs. Trust Him to direct their thoughts, words, and acts.

Your worrying will be at an end when you begin to trust God in all your ways. You cannot be anxious when you realize that the Spirit of God within you is mighty to deliver you out of any situation.

Casting all your anxiety upon him.—I PET. 5:7.

MONDAY, NOVEMBER 9

*In the stillness of the presence of Spirit
within me I find perfect quiet.*

 ONE of our greatest blessings is our ability to turn from the noise of the world to the presence of the Spirit of God within us. We turn to that quiet presence in which we lose all sense of unrest. We find that the presence of Spirit within us is the very spirit of stillness.

The presence of God within you is there to bless you when things of the world seem to disturb you. You have the rare privilege of turning to God when you want to turn away from things of the world. You turn to Spirit and find yourself charged with that power which stillness bestows.

Think of God as ever ready to bless you with His spirit of quiet. When things of the world irritate you, turn to God and His stillness. Become quiet in His quietness. Realize that things about you cannot disturb you when you are centered in God. Know that through His Spirit comes that quietness which gives you poise and complete mastery of self.

Keep silence.—DEUT. 27:9.

TUESDAY, NOVEMBER 10

I rise out of all unbelief and doubt into the consciousness of perfect faith in God.

TODAY we are to get rid of our doubts. We are to rid ourselves of such beliefs as would weaken our faith in God, the good. We are to increase faith in Him to the point that we are free from all doubt. We are to get rid of our doubt through increasing our faith.

Every person has faith in something. He may believe in evil or in good. To the extent that he believes in evil his faith in God is weakened. To the extent that he believes in God he is free from all belief in evil, sin, fear, disease, and lack. We can see that a man's faith is indicative of his character. By that in which his faith is centered we can tell much as to his progress and his future.

Live today in the consciousness that your faith in God is not limited by or shared with anything else. Increase your faith by keeping your thought centered upon God. Know that your faith will be rewarded through your seeing more and more of the presence of God in all your ways.

Looking unto Jesus the author and perfecter of our faith.—HEB. 12:2.

WEDNESDAY, NOVEMBER 11

*The joy of Christ now fills my breast and
I am joyful in all situations.*

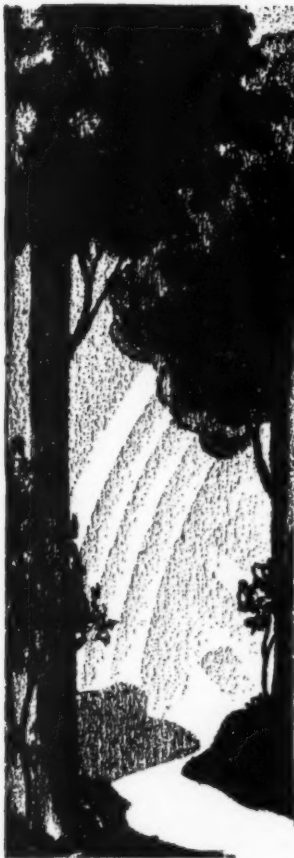
DEDICATE this day to joy. Find something in your life for which you have not previously been joyful. Rejoice for knowing Truth. Rejoice for the friends and relatives who have helped to make your life happy. Rejoice for the many blessings of God that have come to you.

A day of joy is not to be a day of sadness. Let unpleasant memories of the past be discarded. Rise to that high consciousness which interprets all things from the standpoint of joy. Be cheerful in all situations.

Rejoice today because you can turn to the Spirit of Christ within you and feel His joy. Rejoice that you share Truth with others and help them with the message of joy. Rejoice that the joy of Christ is overflowing into your world.

Be happy this day that your joy comes through Christ and not through external things. Through knowing this mighty truth you will find that your joy is constant and unchanging. Nothing can take your joy from you when you realize it is established in Christ.

Whoso trusteth in Jehovah, happy is he.—PROV. 16:20.



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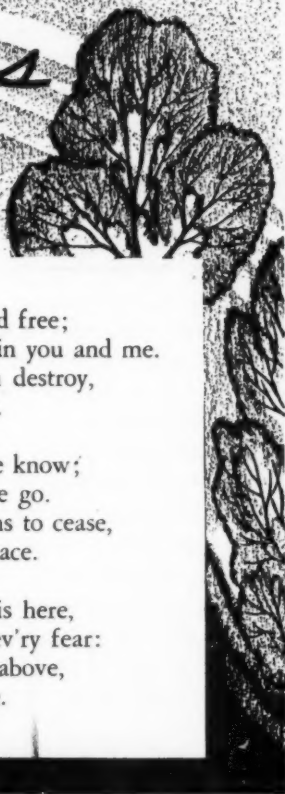
Oh, there can be no song when
When we know our path from the
We know that nothing in this world
For there can be no song in the

Oh, there can be no song when
For it passes understanding, fills our
It is then that like the water we
For there can be no song in the

Oh, there can be no song when
When we know the path of love
Then we see ourselves in others
For there can be no song in the

consciousness

RUTH HOPPE



no sorrow when we're joyous, glad, and free;
our joy from the Christ, the Christ in you and me.
nothing this world our gladness can destroy,
no sorrow in the consciousness of joy.

no sorrow when the peace of God we know;
understand, fills our world where'er we go.
like the storm we can cause life's storms to cease,
no sorrow in the consciousness of peace.

no sorrow when we know that love is here,
the power of love within can shatter ev'ry fear:
ourselves, others as He sees us from above,
no sorrow in the consciousness of love.

THURSDAY, NOVEMBER 12

I realize today that God is the law of good operating in my life, against which no other law can prevail.

DO YOU think of many laws as operating in your life? Do you sometimes think that there is some law that works against God, the law of good? Have you reached that place in consciousness where you know that in Truth there is only God, only His law of good? Have you realized at the same time that in Truth there is no law of adversity working against you or against the law of good?

God is principle and there is no rival principle of evil. The principle of good that operates in your life knows no competitor or opposition. There can be no principle of evil in Truth since God alone reigns supreme.

Think of God as the principle of your understanding, health, prosperity. Realize that in Truth nothing can prevail against principle. In God's world of Truth, a world that you come to understand more and more, there is only the principle of good.

I will keep thy statutes.—PSALMS 119:145.

FRIDAY, NOVEMBER 13

*Turning my thought to the Spirit of God
within me, I find heaven.*

HAVE YOU discovered in Truth that the kingdom of God lies within you? Do you know that heaven is where God is and that God abides at the heart of your being? Have you realized that you cannot experience anything satanic in life if your thought is directed to God and His heaven?

Those who live in thoughts of hate and fear live in hell here and now. Those who have grasped the truth of God's presence and love live in heaven. Those who find the presence of God's Spirit within them likewise find the reality of His heaven. Heaven to them is most real and tangible.

Live today in the realization that you have found God within you and that heaven is likewise there. Live in the realization that today you abide in heaven. Live in the confident assurance that nothing in all this world can keep you from living with God in heaven and from directing the affairs of your world from this place of vantage.

*I was not disobedient unto the heavenly vision.—ACTS
26:19.*

SATURDAY, NOVEMBER 14

The mind of God active in me ever inspires me to high and noble thought.

WE KNOW the mind of God solely through our own spiritual consciousness. In fact this consciousness is not only the avenue through which we reach God-Mind but to us God-Mind itself. The thoughts of God that come to us are thoughts from our own spiritual consciousness. They are the inspirations that God gives us by way of our higher consciousness.

The best way to neutralize adverse thoughts is to replace them by thoughts of Truth. You will not need to deny adverse thoughts from your consciousness when your mind is filled with thoughts of God. If you have been believing in dual-mindedness, if you have been thinking that you are carnal-minded, direct your whole thought to the mind of God, the one and only mind in Truth.

Abide this day in the knowledge that you are unified with God through spiritual consciousness. Know that when you are in spiritual consciousness you are blessed with God's thoughts.

*How great are thy works, O Jehovah!
Thy thoughts are very deep.*

—PSALMS 92:5.

SUNDAY, NOVEMBER 15

God the good now inspires me to think less and less of evil and more and more of Him.

GOD is the sum of all good. When our thought is turned to Him, we begin to see more and more of His goodness. Evil becomes less and less conspicuous in our life as we meditate upon God. We come to realize that in Truth there is no reality, being, or permanence in what appears to be evil. We see that in Truth there is only the omnipresence of God.

Good appears in your life only to the extent that you think in terms of good. If you think thoughts of evil, some evil will appear. Your thought is your power to deny and affirm either evil or good.

Living in the consciousness that in Truth there is only God and His goodness, you will find that your world is a world of only the good. Naught of evil can appear in your world when your thought is given entirely to God the good. God's omnipresence will come to be known as the omnipresence of good to the exclusion of all appearance of evil. In God's world, your world, there will be only God and only good.

Jehovah also hath put away thy sin.—II SAM. 12:13.

MONDAY, NOVEMBER 16

My consciousness of Truth inspires me to see all situations from the standpoint of Truth.

TRUTH, the philosophy of life brought by Jesus to humanity, becomes to the practical Christian the very rule of his life. By the study of Truth, he knows how to think, he knows how to discriminate between the real and the false.

Without Truth man cannot liberate himself from adverse situations. Through Truth he frees himself from thoughts of sin, evil, fear, disease, and lack. Truth is the means given by God to man whereby he lifts himself out of all belief in adversity into God's presence and heaven.

Truth established in his consciousness establishes man in wisdom, peace, joy, love, courage, health, and plenty. We can see why man searches for Truth and why he guards his possession of it. We see that through his knowledge of Truth man comes into mastery, freedom, and spiritual possessions. He lives a well-rounded life only when he comes into an understanding of the Truth of Christ and applies it to his daily needs and problems at hand.

When he, the Spirit of truth, is come, he shall guide you into all the truth.—JOHN 16:13.

TUESDAY, NOVEMBER 17

I am not fearful, because the presence of God in my life is the very presence of courage.

IF YOU would be courageous, turn often in thought to God. You cannot be fearful when your whole thought is given to God. No person or thing in all this world can make you afraid when you realize that God is present in your life as courage.

Fear thoughts can be neutralized only by thoughts of Truth and courage. The fearful person must exchange his thoughts of fear for thoughts of fearlessness. He must realize that he is dealing with a mental situation and not with the objective world. He must transform the thing he fears through transforming his thought about it and reaction to it.

The presence of Spirit within and about us is also the presence of courage. We cannot be afraid when our thought is given entirely to the things of Spirit. Our courage is assured when we are certain and steady in thinking the truth about our courage. Fear cannot rule us.

*I shall walk at liberty;
For I have sought thy precepts.
—PSALMS 119:45.*

WEDNESDAY, NOVEMBER 18

Identifying myself with the life of God, I realize that I have sufficient energy for every demand.

THOSE WHO tire easily must learn to turn to the Spirit of God within them and lay hold of His energy. Their exhaustion comes from a lack of consciousness of life. They are conscious of insufficient life when they should be conscious of bounteous life.

Working simply with personal resources, we have but a limited amount of energy. Relying upon our own efforts, we find that we come quickly to the end of our vitality and endurance. When we learn to rely upon the Spirit of God within us, we find that we lay hold of inexhaustible life and energy. The athlete who gets what he calls his second wind is in a measure laying hold of energy that reached back beyond his own personal sense of energy.

Live today in the realization that within you is the very Spirit of life. You cannot lack life when you realize that you are ever identified with it. You cannot be exhausted when you realize that God's life within you is inexhaustible.

Understanding is a wellspring of life unto him that bath it.—PROV. 16:22.

THURSDAY, NOVEMBER 19

*Within me is the light and wisdom that
illuminates my consciousness with perfect
understanding*

WE TURN to the Spirit of God within us when we need illumination, and we find that whatever we need to know is revealed to us. The light of God shining within us is the light of our wisdom and understanding. This reveals to us the truth that we need to know.

Whatever you desire to know lies revealed in the light of Spirit. The information you need belongs to you. It cannot be withheld from you. It is yours. There can be no separation between you and that which is yours in the light of Truth. Only your belief in separation, only your thought of what you seek as being hidden to you can keep you from finding it.

The light of God shining within you is the light of your wisdom. You are wise because you have within you the very fount of wisdom. You can understand all things easily and thoroughly because God has given you the power to understand. You came from God bearing the light of wisdom.

*It is God, that said, Light shall shine out of darkness,
who shined in our hearts.—II COR. 4:6.*

AFFIRMATIONS USED BY
SOCIETY OF SILENT UNITY

November 20 to December 19

Illumination

*I daily praise the Spirit of light for my
ever-increasing wisdom.*

Healing

*I daily praise the Spirit of health for
restoring me to wholeness of mind and
body.*

Prosperity

*My perpetual praise is poured out to
the God of plenty, and I am grateful for
prosperity.*

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FRIDAY, NOVEMBER 20

*The healing presence of God within me
now assures me that in Truth I am whole
and well.*

MAN IS so inclined to indulge in promiscuous thinking that we are not at all surprised that he sometimes entertains thoughts of disease. That he thinks of himself as diseased shows that he has not perceived himself as well and whole in the sight of God.

The healing presence of God within us is mighty to cast out every belief in and evidence of disease. We cannot think disease and outpicture it upon our body when our whole thought is given to the truth about our wholeness. When our thought is turned to our wholeness in God, we are unable to express disease.

The healing presence of God is your health. When you find that God abides within you as health, you must at the same time realize that this is the presence of your own health. This realization is your protection against all belief in disease. This is your assurance that God in the midst of you is quickening you to dynamic health.

Behold, I will bring it health and cure, and I will cure them.—JER. 33:6.

SATURDAY, NOVEMBER 21

The Spirit of prosperity now active in my consciousness quickens and inspires me to unlimited prosperity.

DEDICATE this day to prosperity. Realize that the Spirit of God is active in your consciousness, dissipating every belief in lack, quickening you to a realization that your prosperity is unlimited. You cannot think in terms of lack when you are aware of prosperous ideas in your consciousness. You put an end to lack when you establish yourself in the truth about prosperity.

The Spirit of prosperity active in you is the Spirit of God filling all His creation with plenty. God's provision of plenty includes you. You lack only when you believe yourself to be apart from God and His abundance. You fail to demonstrate prosperity when you fail to establish yourself in the truth about prosperity.

The prosperity of God is yours to enjoy here and now. To prepare yourself for this you must prepare your mind to receive prosperous ideas. Your consciousness must be free from all sense of lack if you would enjoy the prosperity of God to the fullest.

I pray that in all things thou mayest prosper.—III JOHN 2.

SUNDAY, NOVEMBER 22

In Truth and in my life there can be but one power, the power of God, the good.

MANY PERSONS are quite unhappy and unfortunate because they believe that evil has power over them. They believe that evil in some guise is always at work in them and in their affairs. They believe that evil has power to assert itself against the omnipotence of God, the good.

To the extent that you believe in evil you disbelieve in omnipotent good. You show your loyalty to God when you erase from mind all belief that evil has power over you. You show to yourself that you acknowledge the omnipotence of God when you cease to recognize any power other than God.

Abide this day in the consciousness that in Truth there is only God, only His power of good. By doing this you will find that there is naught but the power of God in your life. This power will be perceived as the power to understand, the power to be courageous, the power to be healed, the power to succeed. Omnipotent God commands all power.

Thine, O Jehovah, is the greatness, and the power, and the glory, and the victory, and the majesty.—I CHRON. 29:11.

MONDAY, NOVEMBER 23

*The protecting presence of God keeps me
free from all harm and I am safe and
secure.*

TO BELIEVE in danger is to plunge oneself head on into danger. The reason for this is that our consciousness of danger identifies us with it. We go toward that which is in front of us, that toward which our eyes are turned. The individual who takes many precautions to keep out of danger finds that his precautions but lead him in the direction of danger.

The presence of God within and about you is your security from all harm. In Him is your sanctuary. In Him you find security at all times. The presence of danger disappears when you enter the presence of God.

Do you need protection and security? Find these in God. Enter that high consciousness in which there can be naught but the love and goodness and courage of God. Enter into the realization that God is your safety wherever you go. Keep your mind centered upon the truth that in Him you are ever secure.

*Jehovah hath been my high tower,
And my God the rock of my refuge.*

—PSALMS 94:22.

TUESDAY, NOVEMBER 24

*The Spirit of forgiveness now causes me to
forgive every slight and to forget every
wrong.*

IF YOU have difficulty in forgiving others for what appears to be some slight or wrong, turn to God. Let His Spirit of forgiveness show you the way. Let Him lead you out of the difficulty and show you how easily you can forgive. In order to forgive you cease to recall the offense to mind and instead keep your thought centered upon God and His forgiveness.

When you resist the forgiving power of God, you cannot hope to forgive. You cannot forgive thoroughly without the help of God. You cannot wipe out the memory of some personal slight or seeming wrong unless you rise to the high consciousness that knows nothing of these.

You can forgive easily and thoroughly when you put yourself and your affairs in the keeping of God. Let His forgiveness wipe from your mind all belief in personal slights and wrongdoing on the part of others.

*Bless Jehovah, O my soul . . .
Who forgiveth all thine iniquities.*
—PSALMS 103:3.

WEDNESDAY, NOVEMBER 25

The presence of God fills my body and declares it His temple of perfection and wholeness.

DO YOU think of your body as God's temple, filled with His presence of health, strength, perfection, and wholeness? Have you gained this view of your body as revealed through the study of Truth? Is your body showing forth the presence of its inner glory?

Many persons think of the body simply as physical and material, subject to physical limitations and disease. The body to them is usually a habitation of disease. They fail to understand its nature in Truth. They do not realize that it is God's temple, filled with His presence.

Begin today to bless your body. Cease to hold adverse thoughts about it. No longer think of it as subject to adverse laws and disease. Recognize it as the temple of God. Keep your thought corrected in this respect.

God's temple of health and perfection is now becoming visible as your perfect body. You are gaining a clearer realization of this mighty truth as you meditate upon it.

He spake of the temple of his body.—JOHN 2:21.

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THURSDAY, NOVEMBER 26

*I am thankful this day for every evidence
that God is blessing me.*

MANY, many persons fail to see that their lack of gratitude and appreciation has a negative effect upon their life and success. They do not realize that there is a sort of spiritual magic in thanksgiving, inasmuch as giving thanks causes blessings to become better visible and to increase in number. The ability to give thanks is rewarded by the manifestation of more and more for which to be thankful.

God is constantly giving us evidence of His goodness and His love. On every hand are His blessings. Some of them are more in evidence than others. As we give thanks for the slightest manifestation of God's blessing, we behold it growing in its ability to bless us.

Today find something to be thankful for that may have previously escaped your notice and your gratitude. Be thankful for every evidence that God loves you. Be thankful for every good that comes into your experience.

For all things are for your sakes, that the grace, being multiplied through the many, may cause the thanksgiving to abound unto the glory of God.—II COR. 4:15.

FRIDAY, NOVEMBER 27

*Realizing that all is well, I relax this day
from all stress and strain.*

THE REALIZATION that all is well will set you free from mental and physical stress and strain. In this realization will be included the knowledge that God is taking care of you and all your affairs. You will discover that you cannot be under a strain when you place yourself under the loving care of God.

Those who allow themselves to become tense only allow adverse thoughts to master them. They believe that the things of the world have power to disturb. They fail to turn to God and to know that all is well.

Our lesson in relaxation today will be beneficial to us to the extent that we are willing to let go and to trust God. We need to give up all thought that things of the world can prove too much for us to handle. We need to realize that the Spirit of God within us takes care of us and all is well.

Abide this day in the realization that God does take care of you and that things cannot make you tense.

They rest in their beds, each one that walketh in his uprightness.—ISA. 57:2.

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SATURDAY, NOVEMBER 28

The Spirit of Christ ever within me convinces me of my Christhood.

JESUS became so conscious of His Christhood, the presence of the Spirit of God within Him, that He became known as the Christ. He shares His Christhood with all who can grasp it, all who can rise to the Christ consciousness. God identifies himself with mankind through the Christ in man.

In the study of Truth we turn often in thought to our Christ nature, that in us which we have in common with Jesus. In our Christhood we find power to overcome that of our human nature which needs to be overcome or uplifted. From Christ within us we obtain power to do whatever we undertake to do. Christ within us is our power to master all situations in our life.

When evil, sin, fear, disease, and lack seem to overcome us, we need to turn to Christ: not Christ external or apart from us but Christ within us. We need to turn often to Christ in order to let Him share His consciousness with us. We need to turn away from things of the world and know that through Christ in us we can transform our world.

Thou art the Christ, the Son of the living God.
—MATT. 16:16.

SUNDAY, NOVEMBER 29

In the consciousness of spiritual unity I am identified with God in me and in all good.

THE PERSON who comes into the consciousness of his unity with God and with all good wherever it is expressed is fortunate indeed. He identifies himself with the best in life. He finds that he is unified with God at the heart of his own being and also with God as manifested in all good.

The thought of unity as expressed by the Unity School has a twofold meaning. The student is taught first to become conscious of his unity with the Spirit within himself. Next he comes to the realization that he is unified with all good and spiritual things wherever they may be found. The thought of unity causes him to rise out of and above all belief in separation from God or good. He discovers that through spiritual identification he relates himself to that in life which makes his life richer and fuller.

Universal unity, identification with God—visible and invisible, manifested and unmanifested—should be our ideal and goal. In our study of Truth we seek to make this identification and to maintain such a relation forever.

There is one body, and one Spirit . . . one Lord, one faith.—EPH. 4:4, 5.

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MONDAY, NOVEMBER 30

*When I pray I turn to the Spirit of God,
realizing that the blessing I seek is now
mine.*

DO YOU think of prayer as a means of realizing that God's blessing is yours? When praying, do you ask and invite God's blessings into your life? Do you take the positive and affirmative attitude when you pray, realizing that no good thing will be withheld from you?

Prayer is an opportunity to draw near to God and to realize that He, with His blessings for us, is drawing nearer and nearer to us. We should never think of our prayer as causing God to withdraw from us or for Him to push His blessings farther and farther away from us. Prayer makes the connection between us and the blessings of God. It is the link that connects us with the good that we seek at the time of prayer.

Our lesson today gives us a clearer view of prayer and possibly gives some of us a new view of it.

Ask, and it shall be given you; seek, and ye shall find.
—MATT. 7:7.

(Unless otherwise credited, all Bible quotations are taken from the American Standard Version, copyright, 1929, by the International Council of Religious Education.)



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And for them say a prayer of praise!
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For woe withheld, for dearth of pain,
For watch and ward in anxious hour,
For every rainbow, every shower,
For idle dreams that were denied,
For shattered gods of hate and pride:
For every souvenir of good
I say a prayer in gratitude!



